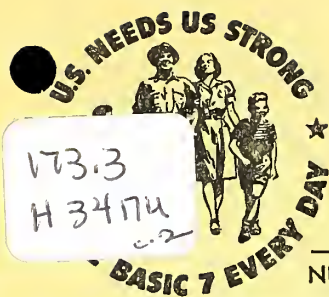


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NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

Published Monthly by the
Production and Marketing Administration
With the Approval of the Director, Bureau of the Budget

News Letter

NUMBER 73

WASHINGTON, D. C.

AUGUST 1948

FOODS DISTRIBUTED BY PMA BALANCE MEALS AND AID IN FOOD CONSERVATION

The Food Distribution Programs Branch of PMA arranges for the distribution of surplus foods purchased to support prices as well as of foods purchased to supplement school lunches. These foods add much to the nutritive value of meals served in institutions and in school lunchrooms. Also greater use of the more plentiful foods prevents waste and lessens the demand for foods in short supply. When foods for which there is no immediate market outlet are canned, this saving is extended throughout the year.

PMA purchases foods with funds authorized under two acts—Section 6 of the School Lunch Act and Section 32 of the Agricultural Adjustment Act of 1935.

Section 6 provides that the Secretary of Agriculture may use slightly more than one-fifth of the school lunch appropriation to buy foods for distribution to participating schools, the major consideration being that the foods contain high nutritional value for the money spent.

During the school year just past, over 7 million pounds of nonfat dry milk were distributed for beverage use in areas lacking fresh milk and in all areas for cooking purposes. This enlarged program is the result of the pilot programs carried on last year, which were described in the NNL for March and July 1947. To help overcome vitamin C deficiencies, concentrated orange juice has been provided both last year and this. In addition, canned tomatoes and tomato juice, cheese, and peanut butter were purchased and supplied under these funds. A program to determine the acceptability of fish was carried on this spring. The results are being evaluated and will be reported in a future issue of NNL.

Section 32 funds are used to purchase foods in surplus supply in order to support prices. Last year, Irish potatoes, dried eggs, fresh vegetables, sweetpotatoes, and dried fruits were distributed to schools and to State and charitable institutions.

Food preservation. With high costs threatening to limit the school lunch program and cause distress in institutions, increasing attention is being given to canning and freezing for winter use. Summer-abundant foods, if preserved, provide the nutrients most apt to be lacking in winter meals, and enable more children to take part in school lunch programs. Besides the foods distributed by PMA, canneries are processing foods purchased by the school from local commercial producers, as well as foods grown in school gardens and donated by local gardeners.

To stimulate canning in local school lunchrooms, institutions, and community canneries and to provide workers with the necessary know-how, food preservation specialists of PMA are cooperating with State agencies in conducting workshops and demonstrations all over the country. PTA and other community groups, as well as paid workers, are attending and then carrying on preservation programs of their own.

For example, in Idaho, PTA groups undertook the canning of two carloads of sweetpotatoes. Using an assembly-line technique worked out by the PMA food preservation specialist, one group packed about 900 No. 2½ cans the first day. In Wisconsin, a series of workshops provided instruction to groups, so that they could put up enough green and yellow vegetables, tomatoes, and other foods to balance winter meals.

These are but two typical examples of a program that represents a major contribution to better nutrition and to food conservation. If you are interested, you might want to write for a copy of a new leaflet "Why's and How's of Community Food Preservation" which is available free from the Information Branch of PMA, U. S. Department of Agriculture, Washington 25, D. C.

NEED FOR WISE BUYING CONTINUES

Although the Office for Food and Feed Conservation in the USDA, which has been heading the drive for food conservation, was terminated June 30, its principal publication, "Money Saving Main Dishes," is still available for distribution.

The need continues for information and emphasis on wise buying, prevention of waste, and more efficient farm management practices. Nutrition committees in many States are carrying on effective programs along these lines, as shown in State items in recent issues of the NNL.

NEW CHAIRMAN FOR INTERDEPARTMENTAL NUTRITION PLANNING COMMITTEE

At the June meeting of the Interdepartmental Nutrition Planning Committee in Washington, Dr. Esther Phipard of BHNHE was chosen chairman, succeeding Ata Lee of the Office of Education.

"WHAT SHALL WE TEACH OUR CHILDREN ABOUT FOOD?"

This report, titled as above, deals with a dietary study undertaken as a co-operative project in Union County, Fla., in 1947, in which the high school, County Board of Public Instruction, and State Board of Health participated. It was undertaken because examinations of school children made the year before had revealed that sanitation, nutrition, and dental health were the most urgent problems in the county. Plans for the program were made at a summer workshop.

On the theory that nutrition teaching would be more effective if it were directed to correct the deficiencies existing in the children's diets, a dietary survey was undertaken. For three consecutive days all children from the third to the seventh grades in every school in Union County kept a record of everything they ate, the teachers helping them list the foods they had eaten. The material was then tabulated by home economics students and handled statistically by the mathematics classes. The data were tallied on a form that gave a picture of the results with little mathematical handling.

The data showed that about half of the children had eaten one or more servings of green and yellow vegetables during the three days. About half had eaten citrus fruits, tomatoes or raw cabbage, while two-thirds had eaten other fruits and vegetables.

A few more than two-thirds had had milk in some form but the number of servings per child-day averaged only 1.4. Ninety percent had eaten meat, eggs, beans, cheese, or peanut butter. Cereal foods and sweets made up a large part of the diet of many of the children.

In the school where teaching emphasis had been put on good food, and in the schools having lunchrooms, the children's diets were better than in other schools.

The teachers in each school were given the results for their school as well as the tabulation sheets for their children so that they could show each child how he rated. They then planned their teaching according to the needs of their children as shown by the survey, and emphasized the specific food needs which their children were not meeting by their customary eating practices.

This study showed that children and teachers are glad to cooperate in a project that appeals to them, and that, while such a study is no small task, it is not impossible when a number of people work together on it. The home economics girls learned a great deal about food and improved their own food habits as a result of the study.

HELPS FOR BUILDING RADIO PROGRAMS

Although many nutrition committees are using radio to good advantage, other committees are hesitating because they have not had the time to prepare scripts or arrange for time with a local station. Such committees may want to take advantage of the services of their PMA Area Information Office. These offices may be able, as far as the limitations of their small staffs permit, to supply material for scripts, arrange for time with broadcasting stations, or for similar activities. Area offices are located at 641 Washington St., New York 14, N. Y.; 449 West Peachtree St., NE., Atlanta 3, Ga.; 623 South Wabash Ave., Chicago 5, Ill.; 1114 Commerce Building, Dallas 2, Tex.; and 30 Van Ness Ave., San Francisco 2, Calif.

Some advantages of using radio are given in "Radio is a Good Tool" by A. McCall Smith in the Extension Service Review for June-July 1948. This article describes the experiences of a home demonstration agent in Santa Clara County, Calif., who says "Conducting a daily radio broadcast pays dividends many time over, not only to the home demonstration program but also to the agent as well. . . . Radio can be a valuable asset in building up attendance at meetings. . . . Radio is a grand way of advertising our wares and interesting women in all the aspects of our program. . . . It is possible also to build up good-will relationships with our group chairmen and with representatives of other agencies by including them frequently on our program as guests. Homemakers are interested in what services may be available to them from county agencies. . . . In Santa Clara County we have seen the volume of office and phone calls just about doubled as

a result of the daily broadcast. Incoming letters in response to broadcasts average about two or three a day, with a sharp rise if a timely bulletin is mentioned as being available"

The Office of Education, Federal Security Agency, has available a mimeographed book "Radio Program Production Aids" and other valuable material dealing with the use of radio. These can be obtained by writing that agency at Washington 25, D. C.

It has been suggested that a library and exchange service be set up for radio scripts dealing with fundamental aspects of nutrition. If you think this a good idea, will you send us (Nutrition Programs, Food Distribution Programs Branch, PMA, U. S. Department of Agriculture, Washington 25, D. C.) copies of your scripts that would be suitable for use by other committees or that might serve as a basis for broadcast with some revision to fit the local situation? We will list those we receive in the Nutrition News Letter, and loan them to members of committees upon request.

TWO MORE STATES REQUIRE ENRICHMENT

Massachusetts has recently enacted an enriched Flour Bill, according to Dr. Frederick J. Stare, Chairman of the Massachusetts Nutrition Committee. A similar bill was passed in Rhode Island.

The Food and Nutrition Board of the National Research Council, under whose recommendations the white flour and bread enrichment program was begun, indicates that 23 States and 2 territories have now enacted enrichment legislation.

NEWS FROM STATE COMMITTEES

MISSOURI.—Dr. Bertha Bisbey, chairman of the State Nutrition Council, asked the chairmen of the seven committees of the Council to develop bylaws for a permanent organization of the Council. At the meeting of the Council on June 28 this group adopted a constitution and set up two classes of memberships, (1) professional people and organizations working directly with the Council paying \$3 annual dues, and (2) consumer, press, labor, and farm groups paying \$1 annual dues.

The Education Committee has two subcommittees—school lunch and curriculum. The school lunch subcommittee was set up to (1) determine methods for training administrators and workers, and (2) develop school lunch standards. To carry out these purposes the subcommittee is making a survey of courses and texts used for school lunch administrators, managers, and cooks in State teacher educa-

tion institutions. It is also planning to prepare a Missouri school lunch manual and to set up a workshop training pattern for managers and cooks. The curriculum subcommittee is making a survey to determine what nutrition is being taught in the elementary grades, and setting up evaluation criteria for the material taught.

Dr. L. M. Garner, State Division of Health, was elected chairman for the coming year, according to Mrs. Thelma R. Lison, secretary.

NEW MEXICO.—At the April 3 meeting of the State Nutrition Committee in Albuquerque, the school lunch supervisor of the Department of Public Education reported on school lunch workshops held in the State. She mentioned particularly that 42 persons had taken part in the Pojuaque Workshop, with four home economists having responsibility for subject matter and demonstrations. A showing of films, a display of commodities, and demonstrations of how to use them rounded out the program.

The committee felt that the surplus commodities which have been distributed in the State have greatly alleviated the nutrition problems and recommended that additional supplies of canned vegetables be distributed.

Each member reported on what his agency was doing to further the garden program, and the group decided to send a copy of Extension Circular 200 entitled "Grow Your Own Vegetables" to all members, together with a copy of the minutes of the meeting.

The present officers were reelected, Mary Gillespie continuing as chairman.

CONNECTICUT.—The annual meeting of the Connecticut State Nutrition Council on May 26 in New Haven, opened with conducted tours through the Yale nutrition laboratory under the guidance of Dr. George Cowgill. Dr. Robert R. Williams, the internationally known research scientist in nutrition and discoverer of synthetic vitamin B₁₂, spoke at the dinner session. Chairman Martha Smith Fry reports that the Council's membership is slowly and steadily growing. Plans for the future include compilation of a brochure on the "Nutritional Status of Connecticut."

The State Nutrition Council was written up in the June bulletin of the American Association of Adult Education issued by the Institute of Adult Education at Teachers College, Columbia University.

WYOMING.—Fred DelliQuadri, while chairman of the State Health and Nutrition Committee, served on the Wyoming Food,

Wheat, and Livestock-Poultry Feed Conservation Committee along with 24 other persons representing agriculture, education, and home economics. He called on the Health and Nutrition Committee to support the food and feed conservation program and to endorse and participate in the campaigns to carry out the recommendations for saving food.

The recommendations covered a wide range of projects, including campaigns to encourage more home gardens; fat salvage; clean plates; 20 percent reduction of poultry flocks and consumption of the culled hens; elimination of unnecessary horses from range lands and export of surplus horse meat; increased production of sheep, cattle, and dairy products; increased production of grain and forage crops; control of insect pests, diseases, and weeds; and protection of food supplies from rats and mice.

At the April meeting of the State Health and Nutrition Committee, Gertrude Gould was chosen chairman.

NEW MATERIALS

"National Food Guide," AIS-53, has been reprinted with very minor changes. "Food for the Family with School Children," AIS-79, is new and the third in the series prepared by BHNHE. The first two are "Food for Two" and "Food for the Family with Young Children." "How Families Use Their Incomes," Misc. Pub. 653, is also a new BHNHE publication. All of these may be procured by writing to the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

The recipes in "School Lunch Recipes Using Nonfat Dry Milk," PA-44, are arranged so that they can be cut apart and added to the file of recipes for school lunches. Copies are available from the PMA Information Branch, USDA, Washington 25, D. C.

From the Fish and Wildlife Service, U. S. Department of the Interior, Wash-

ington 25, D. C., you can obtain publications dealing with fish cookery and preservation. Among these are:

"How to Cook Oysters," issued as Test Kitchen series No. 3.

"Basic Recipes for Cooking Fish," Fishery Leaflet 106.

"Home Canning of Fishery Products," Conservation Bulletin 28.

"Refrigerated Locker Storage of Fish for Home Use," Fishery Leaflet 128.

"Home Preservation of Fishery Products," Fishery Leaflet 18.

A chart "The Wheel of Good Eating" has been prepared by the American Institute of Baking in cooperation with the Nutrition Section of the Public Health Service and the Council on Foods and Nutrition of the American Medical Association. It is designed for use by physicians, dietitians, and nutritionists in making dietary recommendations for families and individuals. It may be obtained without cost by writing the Institute, 1135 Fullerton Ave., Chicago, Ill. Copies have already been sent State chairmen.

Nutrition Education, Department of Nutrition, Harvard School of Public Health, has revised its "Film Bibliography Nutrition Education." Copies can be purchased for 15 cents from the Department at 695 Huntington Ave., Boston 15, Mass.

Sincerely yours,



M. L. Wilson, Chief
Nutrition Programs



W. H. Sebrell, Consultant